



## *Minutes of Mindfulness*

**Awareness** of thoughts, the body and surroundings in the **present** moment with **intention**. The aim is release judgement and attachment. To be **aware** of the physical sensations in the body without judgement or attachment. To pay attention **on purpose**. Observing the **now**. Moving away from being in the past or the future.



### MINDFUL BREATHING

- Find a comfortable seated position, with the spine straight and both feet resting on the floor. Hands lie on the knees or thighs. Tuck the chin in slightly. Close your eyes and let them rest back in to the socket. Release the lower jaw, softly in to the head.
- Take a deep breath in through the nose, allowing the chest and abdomen to expand.
  - Exhale, drawing the navel back towards the spine, out through the nose.
- Notice what physical sensations you feel and where in the body you feel them. Notice any thoughts that come to mind and then allow them to pass as the breath carries them away.
- Once you've settled in to breathing this way start to count the length of your inhale and exhale.
- Keep the back straight and allow the shoulders to soften away from the ears with each breath out.
  - Repeat for 10 further breaths.